

2020-2025 Suicide Prevention Roadmap Online Forum

*Event is being **RECORDED**

*Interpretation services available in
Spanish, Cantonese and Mandarin

Thursday, August 13 3:30-5:00pm
Saturday, August 15 10:00-11:30am

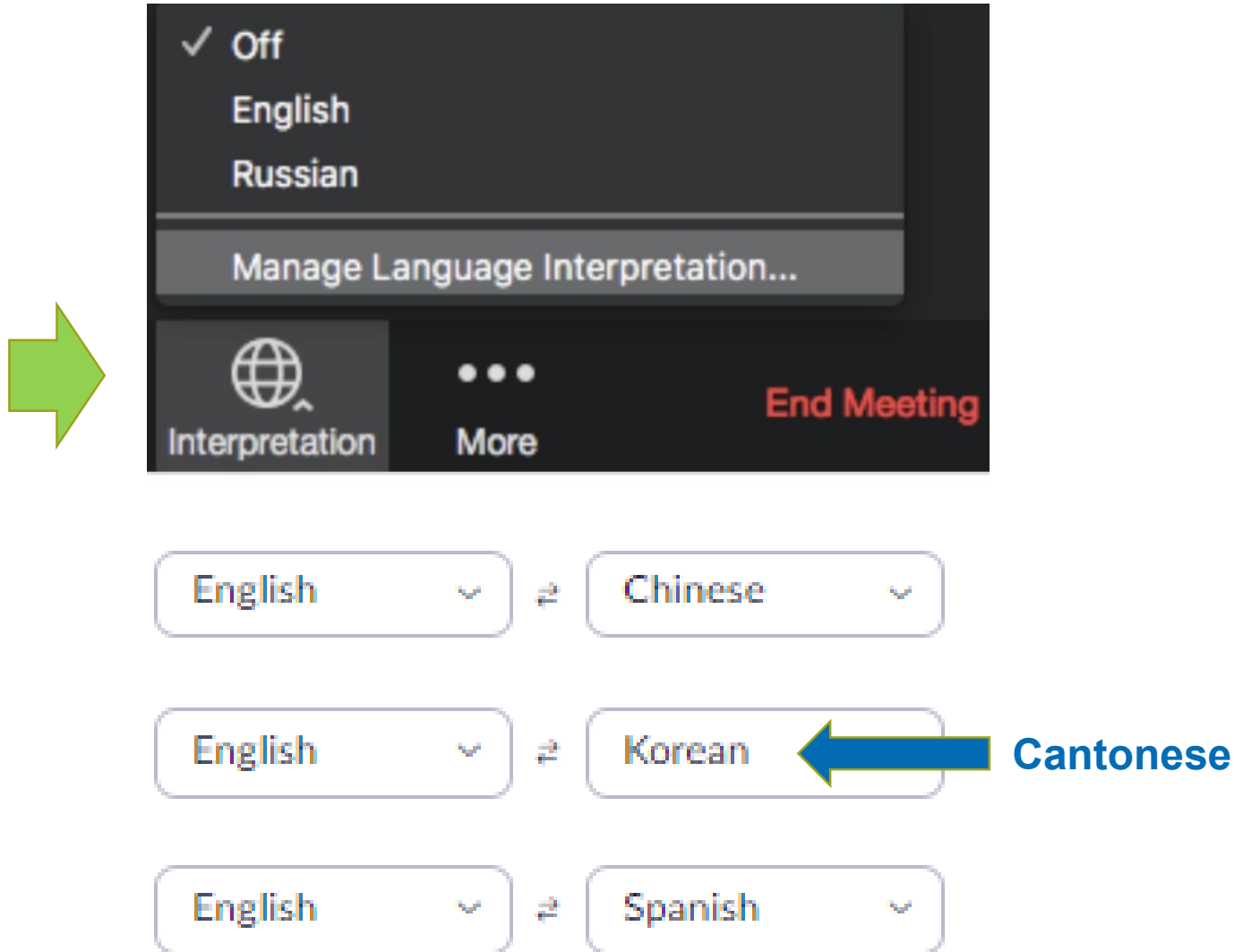


SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH
& RECOVERY SERVICES**



Everyone: Please Choose a Language



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This Event is Being **RECORDED**

COUNTY OF SAN MATEO



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Do not enter this event area if you do not wish to be subject to the foregoing. Alternatively, if you wish to participate/attend the event, but do not wish to have your photograph used in accordance with the above notice, please contact an Event Organizer. County will make best efforts to comply with your wish not to be photographed.

Thank you.

Zoom Housekeeping



- Participants will be muted
- To be unmuted during the input section:
 - Use “Raise Hand” button
 - Use “Thumbs up” button (phone app)
 - 2 mins. maximum per participant
- There will be specific times held for those joining by phone to make comments
- Please use Q & A feature for questions and chat for comments
- We will take feedback via email and phone after the meeting
- The presentation slides and recording will be posted on our website (link provided at the end)
- Please understand that there may be unexpected technical difficulties

Introductions (Thursday)



Frances Lobos
She/Her/Hers



Annette J Pakhchian
She/Her/ Hers,
They/ Them/ Theirs



Sylvia Tang
She/Her/Hers



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Introductions (Saturday)



Kristie Lui
She/Her/Hers



Erica Britton
She/Her/Hers

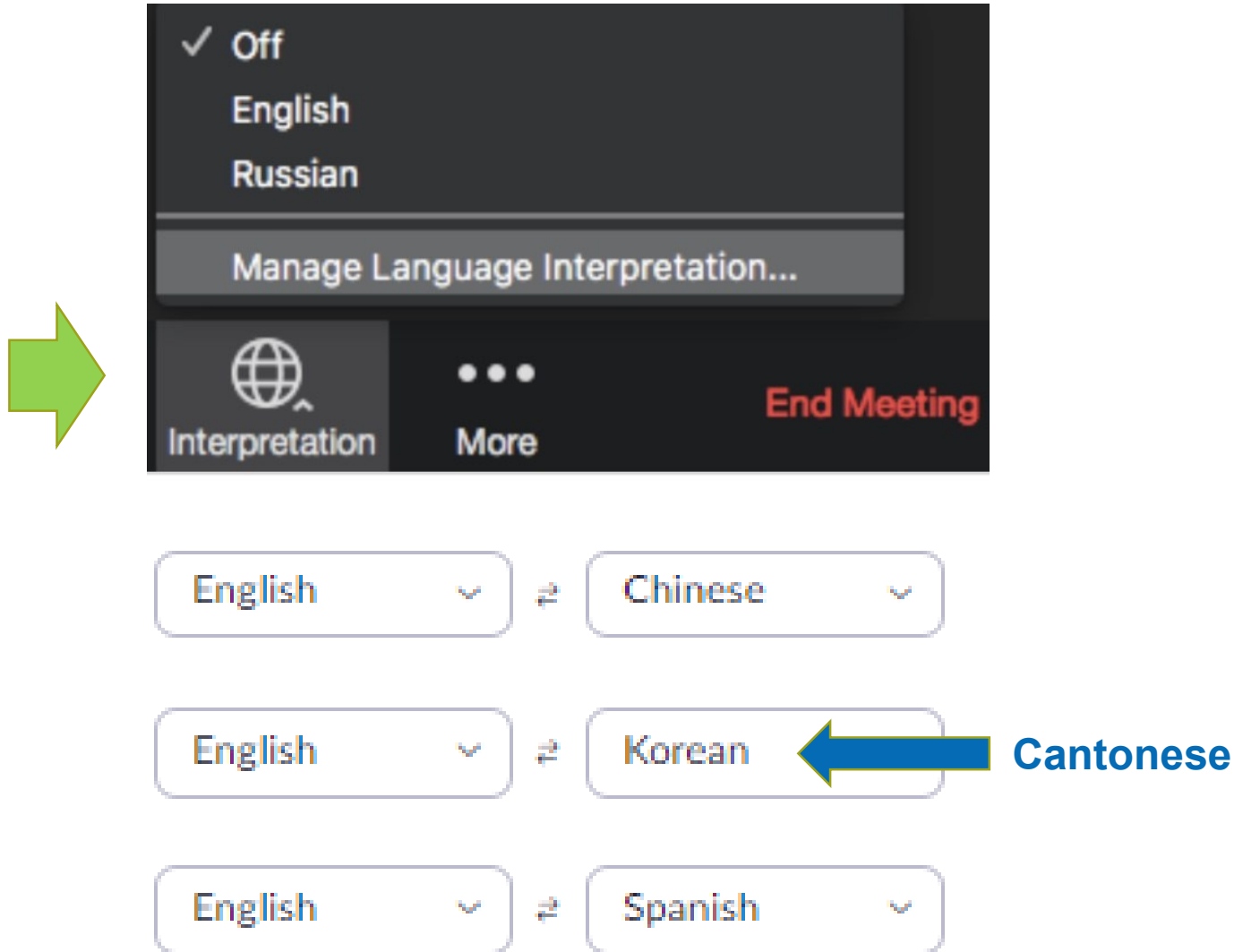


Sylvia Tang
She/Her/Hers



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Resources

Crisis (24/7)

Suicide Prevention Lifeline

800-273-8255 (TALK)

Domestic Violence Hotline

800-799-7233 (SAFE)

Crisis Text Line

Text BAY to 741741

Disaster Distress Line

800-985-5990

Text TalkWithUs to 66746

Non-Crisis (24/7)

Behavioral Health & Recovery Services

ACCESS Call Center

Mental health and substance use referrals for
San Mateo County residents with Medi-Cal or no insurance

800-686-0101

TDD: Dial 800-943-2833 or 711

California Peer Run Warmline

Emotional support and referrals

855-845-7415

[smchealth.org/bhrsservices](https://www.smchealth.org/bhrsservices)

Resources

Crisis (24/7)

Línea de ayuda para la prevención de suicidios

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Línea directa de violencia en el hogar

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Línea de mensajes de texto en caso de crisis

Envíe BAY al 741741

Línea de ayuda para casos de desastre

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Envíe TalkWithUs al 66746

Sin crisis (24/7)

Servicios de salud del comportamiento y de recuperación

Centro de llamadas de ACCESS

Remisiones para los residentes del condado de San Mateo que cuenten con Medi-Cal o que no tienen seguro médico que tienen problemas de salud mental o de uso de sustancias

800-686-0101

TDD: marque el 800-943-2833 o el 711

Línea de asistencia atendida por pares de California (California Peer Run Warmline)

Apoyo emocional y remisiones

855-845-7415

[smchealth.org/bhrsservices](https://www.smchealth.org/bhrsservices)

Resources

危机情况(全天24小时)

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反家庭暴力热线

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编辑短信BAY发送至741741

灾难求助热线

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编辑短信TalkWithUs发送至
66746

非危机情况(全天24小时)

行为健康和康复服务部

ACCESS呼叫中心

为San Mateo县投保Medi-Cal的居民或没有保险的居民提供心理健康和药物滥用转介服务

800-686-0101

TDD: 致电800-943-2833或711

加州同济心理辅导热线

(California Peer Run Warmline)

提供情绪支持和转介服务

855-845-7415

[smchealth.org/bhrsservices](https://www.smchealth.org/bhrsservices)

Agenda

- 1. Roadmap Overview (10-20 minutes)**
- 2. Public Input (35-45 minutes)**
- 3. Next Steps (5 minutes)**
- 4. Closing with Resources (5 minutes)**

*Two surveys in between



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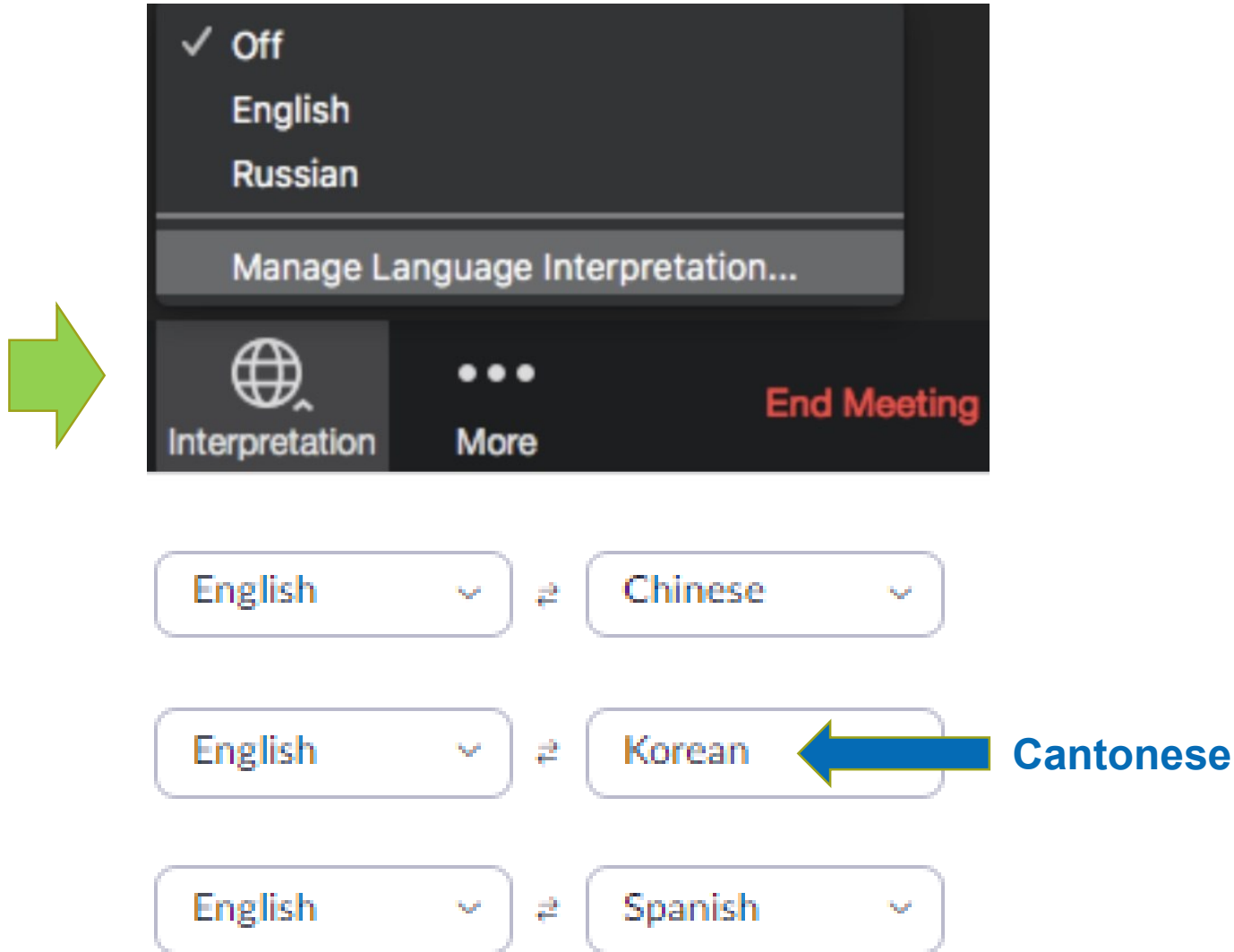
How Did You Hear About this Event?

Please type in chat window.



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1. Roadmap Overview

DRAFT | San Mateo County Suicide Prevention Roadmap 2020-2025
Public input due Sunday, August 23. More details at bit.ly/SPRoadmap2020.

San Mateo County Suicide Prevention Roadmap 2020-2025

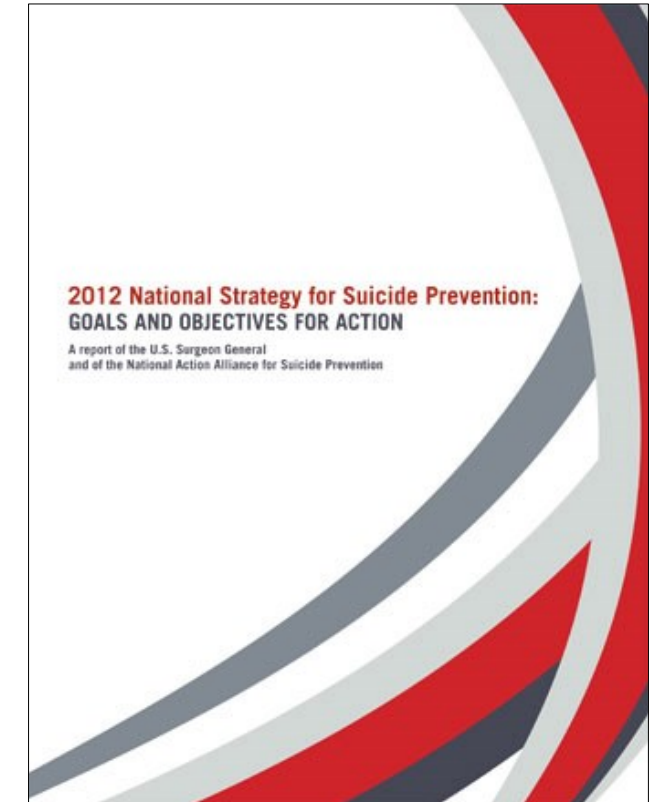
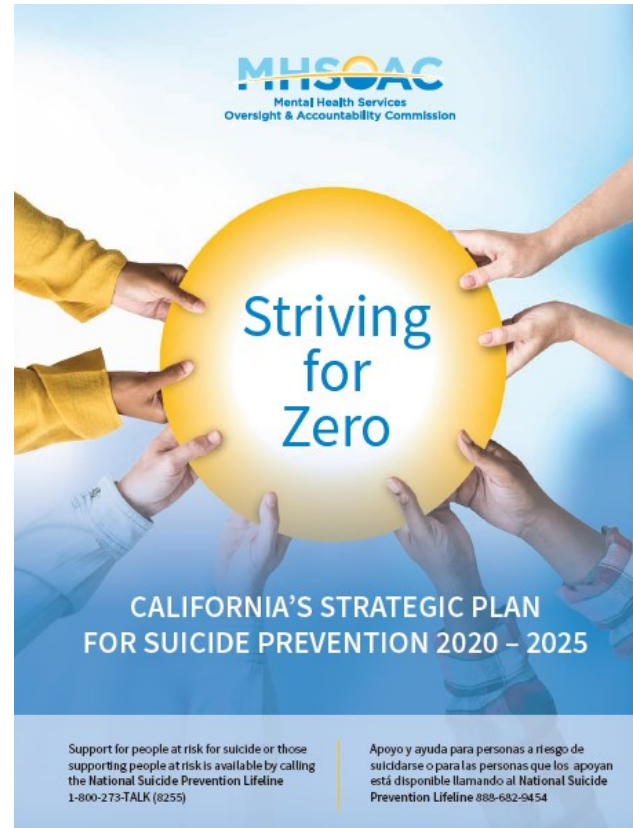
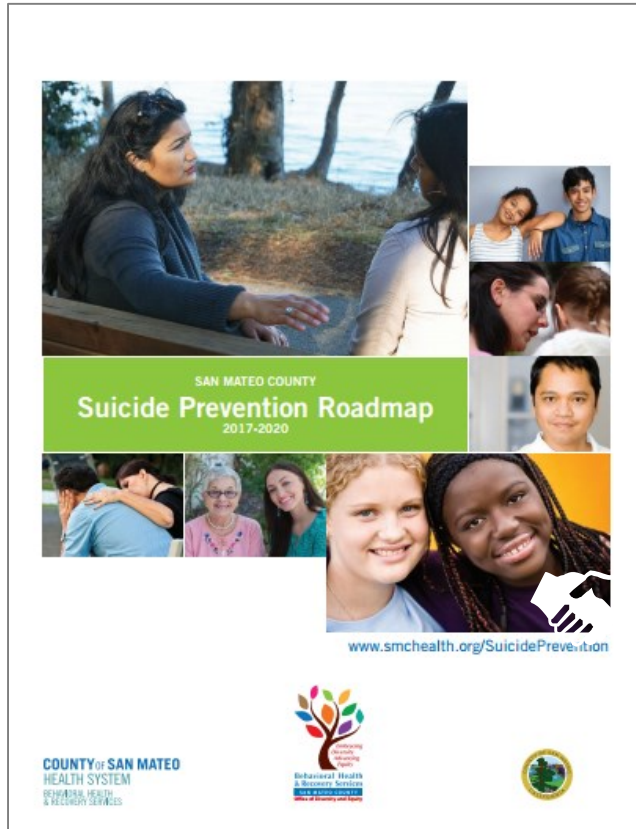


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If you or someone you know is in suicidal crisis or emotional distress, please reach out for 24/7 confidential crisis support: call 650-579-0350 (or 1-800-273-8255) or text "BAY" to 741741.

Aligned with State/National Strategy

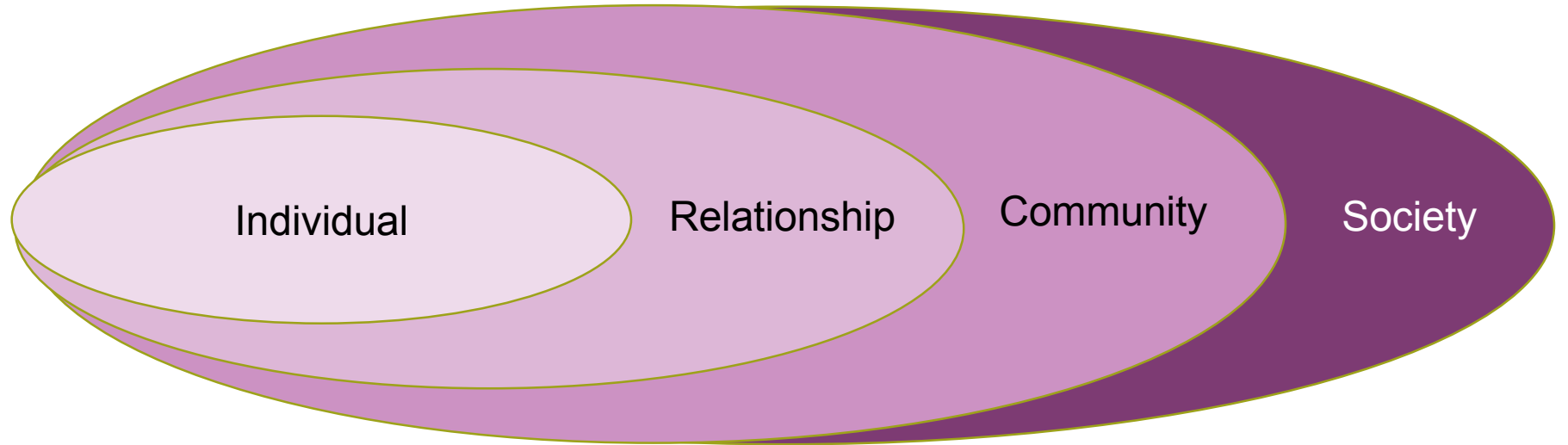


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Frameworks

Risk & Protective Factors

(Social-Ecological Model)



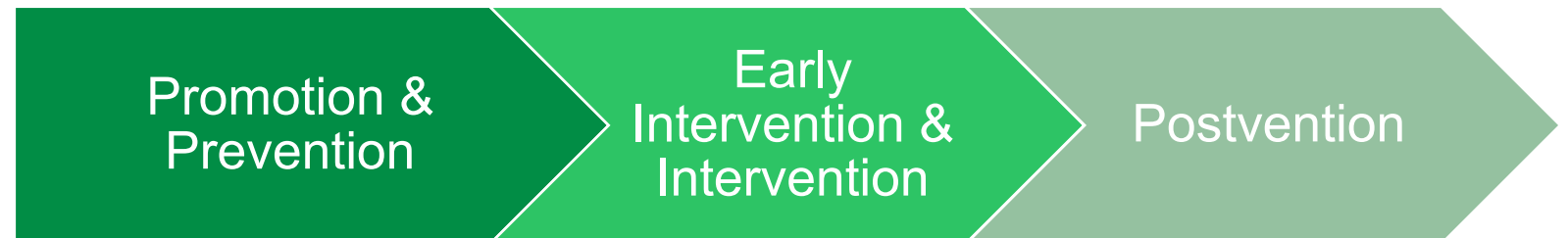
Suicide Risk

(Suicide Crisis Path Model)



Intervention

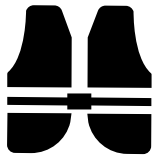
(Continuum of Care Model)



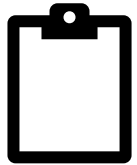
Strategic Aims



Strategic Aim 1: Establish a Suicide Prevention Infrastructure



Strategic Aim 2: Minimize Risk Factors and Promote Protective Factors Across the Individual, Relationship, Community and Society Levels

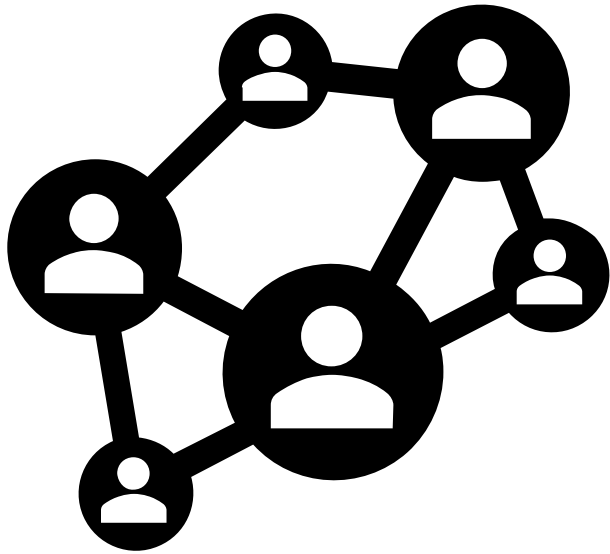


Strategic Aim 3: Increase Early Identification of Suicide Risk and Connection to Service Based on Risk



Strategic Aim 4: Improve Suicide Related Services and Supports

Strategic Aim 1: Infrastructure

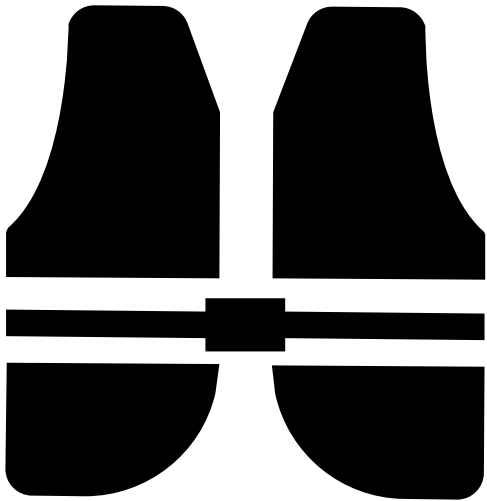


Goal 1: Enhance Visible Leadership and Networked Partnership

Goal 2: Increase Development and Coordination of Suicide Prevention Resources

Goal 3: Advance Data Monitoring and Evaluation

Strategic Aim 2: Risk & Protective Factors



Goal 4: Create Safe Environments by Reducing Access to Lethal Means

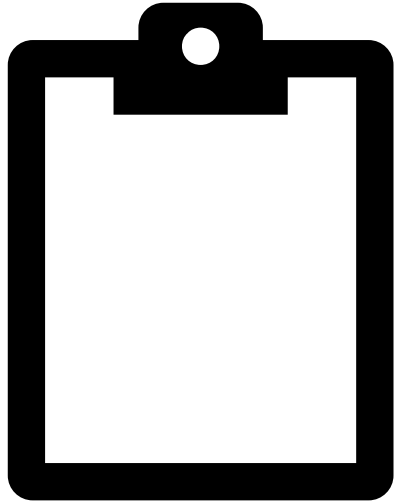
Goal 5: Empower People, Families & Communities to Reach Out for Help When Mental Health & Substance Misuse Needs Emerge

Goal 6: Increase Connectedness Between People, Family Members and Community

Goal 7: Increase the Use of Best Practices for Reporting Suicide & Promote Healthy Use of Social Media & Technology

Goal 8: Strengthen Economic Supports

Strategic Aim 3: Identify & Connect Based on Risk



**Goal 9: Increase Detection and Screening to
Connect People to Services**

Goal 10: Deliver Continuum of Crisis Services

Strategic Aim 4: Services & Supports



Goal 11: Deliver Best Practices in Care Targeting Suicide Risk

Goal 12: Ensure Continuity of Care and Follow-Up After Suicide Related Services

Goal 13: Expand Support Services Following A Suicide Loss

Questions?



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Who is Attending Today?

Please complete demographic survey at:



English

[surveymonkey.com/r/
20200813-SPF-ENG](https://surveymonkey.com/r/20200813-SPF-ENG)



Spanish | Español

[surveymonkey.com/r/
20200813-SPF-SPA](https://surveymonkey.com/r/20200813-SPF-SPA)



Chinese | 中文

[surveymonkey.com/r/
20200813-SPF-CHI](https://surveymonkey.com/r/20200813-SPF-CHI)

2. Public Input

2 minutes per person

1. Introduce yourself
2. Share what you support/oppose and why
3. Specify your ask



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3. Next Steps



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Spanish | Español

[surveymonkey.com/r/
20200813-SPF-SPA](https://surveymonkey.com/r/20200813-SPF-SPA)



Chinese | 中文

[surveymonkey.com/r/
20200813-SPF-CHI](https://surveymonkey.com/r/20200813-SPF-CHI)

We want your input on the

2020-2025 SUICIDE PREVENTION ROADMAP

DUE AUGUST 23, 2020

Options for public input:

- Email
- Phone
- Online Survey
- Online Forum - August 13 and 15

Details at bit.ly/SPRoadmap2025



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bit.ly/SPRoadmap2025

TO SUICIDE SURVIVORS:

CALL FOR DIGITAL ART

DUE SUNDAY AUGUST 23, 2020

- Paintings, photos, poems & quotes are welcome.
- Submissions selected will receive \$30 gift card and be included in the Suicide Prevention Roadmap 2020-2025
- Focus on messages of hope, resiliency & recovery
- Be appropriate for audience of all ages

Details at bit.ly/SPRoadmapArt2025



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bit.ly/SPRoadmapArt2025



Suicide Prevention Committee

Usually meets 1st Tuesday of the Month 1:30-3:00pm

264 Harbor Blvd, Bldg A, Belmont – Jupiter Room

Sylvia Tang | stang@smcgov.org | 650-578-7165

Zena Andreani | zena.andreani@star-vista.org | 650.579.0359 x 25

smchealth.org/SuicidePrevention



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Thank You!



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**BEHAVIORAL HEALTH
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YOU ARE ALL ESSENTIAL TO US

**Take a moment to recognize
your importance today**

afsp.org



**American
Foundation
for Suicide
Prevention**

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[smchealth.org/bhrsservices](https://www.smchealth.org/bhrsservices)

Suicide Prevention

San Mateo County

www.smchealth.org/suicideprevention

California

www.suicideispreventable.org

<https://www.elsuicidioesprevenible.org> (Español)

www.emmresourcecenter.org (Resources in Multiple Languages)

United States

www.afsp.org

www.suicidology.org

www.sprc.org



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stang@smcgov.org



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